

LifeSolutions®

Recognizing signs of alcohol misuse

September is National Recovery Month, making it the optimal time to talk about a substance that doesn't get a lot of attention: alcohol. Before the COVID-19 pandemic, alcohol was the third-leading cause of preventable death in the U.S. Research shows that nearly 70 percent of adults in the U.S. consumed alcohol in the past year, and almost 55 percent have had a drink in the past month.¹ Drinking alcohol has become part of America's culture—and, unfortunately, so has misusing it.

According to the Centers for Disease Control and Prevention (CDC), excessive alcohol use is responsible for more than 95,000 deaths in the United States each year, or 261 deaths per day. These deaths shorten the victims' lives by an estimated 29 years. This amounts to about 2.8 million years of potential life lost.² People tend to drink more during times of stress, and nearly two-thirds of Americans report that they are drinking more because of the COVID-19 pandemic. In fact, data show a 21 percent increase in alcohol sales over 2019 levels and a 234 percent jump in online alcohol sales.³

Learning about these increases should make us pause, examine our alcohol consumption, and consider whether we are exhibiting behavior that could be considered **alcohol misuse**. The CDC defines alcohol misuse as having more than two drinks a day for men or more than one a day for women. Binge drinking, the CDC says, is having more than five drinks over two hours for men or four drinks for women.⁴



The LifeSolutions employee assistance program can help if you are struggling with alcohol misuse. We can connect you with professionals who can support you in making healthy lifestyle changes.

LifeSolutions' services are confidential. They are available to you and members of your household at no cost.

LifeSolutions is here to help.
Lifesolutions@upmc.edu

lifesolutionsforyou.com
1-844-833-0527 (TTY: 711)

Sources:

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